

Hospital Anxiety and Depression Scale (HADS)

A (1) I feel tense or wound up:

Most of the time (3)

A lot of times (2)

From time to time (1)

Not at all (0)

D (2) I still enjoy the things I used to:

Definitely as much (0)

Not quite so much (1)

Only a little (2)

Hardly at all (3)

A (3) I get a sort of frightened feeling as if something awful is about to happen:

Very definitely and quite badly (3)

Yes, but not too badly (2)

A little, but it doesn't worry me (1)

Not at all (0)

D (4) I can laugh and see the funny side of things:

As much as I always could (0)

Not quite as much now (1)

Definitely not so much now (2)

Not at all (3)

A (5) Worrying thoughts go through my mind:

Most of the time (3)

A lot of times (2)

From time to time (1)

Only occasionally (0)

D (6) I feel cheerful:

Most of the time (0)

Usually (1)

Not often (2)

Not at all (3)

A (7) I can seat at ease and feel relaxed:

Definitely (0)

Usually (1)

Not often (2)

Not at all (3)

D (8) I feel as I am slowed down:

Nearly all the time (3)

Very often (2)
From time to time (1)
Not at all (0)

A (9) I get a sort of frightened feeling like butterflies in the stomach:

Not at all (0)
From time to time (1)
Quite often (2)
Very often (3)

D (10) I have lost interest in my appearance:

Definitely (3)
I don't take so much care as I should (2)
I may not take quite as much care (1)
I take just as much care as ever (0)

A (11) I feel restless, as if I had to be on the move:

Very much indeed (3)
Quite a lot (2)
Not very much (1)
Not at all (0)

D (12) I look forward with enjoyment to things:

As much as I ever did (0)
A little less than I used to (1)
Definitely less than I used to (2)
Hardly at all (3)

A (13) I get a sudden feeling of panic:

Very often indeed (3)
Quite often (2)
From time to time (1)
Not at all (0)

D (14) I can enjoy a good TV or radio program or book:

Often (0)
Sometimes (1)
Not often (2)
Hardly at all (3)